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# THE BEACON

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Al-Anon Family Group I District 159 I Naples, Bonita Springs, Immokalee & Marco Island

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**The 12 STEPS, TRADITIONS, & CONCEPTS** guide us in recovery and show us a better way to live.

“The Steps show me how to love myself; the Traditions show me how to love others, and the Concepts show me how to love the world that I live in.”

-Paths to Recovery pg 341

## **STEP 9**

Made direct amends to such people wherever possible, except when to do so would injure them or others.

## **TRADITION 9**

Our groups, as such, will never be organized; but we may create service boards or committees directly responsible to those they serve.

## **CONCEPT 9**

Good personal leadership at all service levels is a necessity. In the field of world service the board of trustees assumes the primary leadership.



Al-Anon taught me how to love him again.

-Heard at a Meeting

The first gift a newcomer receives from contact with Al-Anon is *hope*.

-One Day at a Time pg 94

Al-Anon is a program about relationships.

-Heard at a Meeting

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## MARK YOUR CALENDAR!

District 159 Meeting is now being held in person at  
Naples Community Church,  
849 7th Avenue So., 2nd fl.  
Naples, Florida

**September 14, 2022/6:30pm**

All Al-Anon members welcome.

To all GROUP REPRESENTATIVES (GR's) in District 159. If you can't make the meeting, find someone who will step up for you.

Concept 4: Participation is the key to harmony.



## DO YOU KNOW SOMEONE WHO DOESN'T HAVE A SUBSCRIPTION?

Each month *The Beacon* can be delivered to an email address by going online to

[Newsletter@naplesal-anon.org](mailto:Newsletter@naplesal-anon.org)

Tap on the contact form. Fill it out and tap SEND.



## SLOGANS ARE WISDOM WRITTEN IN SHORTHAND

AS WE DEVELOP A WILLINGNESS to be receptive, we find unexpected wisdom and guidance in the words and actions of those around us.

-*Having Had A Spiritual Awakening pg 103*

## LET IT BEGIN WITH ME

The slogan "Let It Begin With Me" wakes me up to the fact that I am responsible for my state of being, a wonderful realization Al-Anon has helped me to see. It's a freeing realization because I see I am not a victim without choices.

When I have the willingness to turn to my tools (and, in all honesty, this is not always, but when I do) I use this slogan to "change things up". When I say "Let It Begin With Me", I start to move away from being disturbed. I immediately start to feel hope, strength and an increase in my self-respect.

It is the beginning of a new thought, action or attitude that puts ME in the center instead of looking around and figuring out who else or what needs to change because I don't feel my needs are being met. As I apply this slogan, I truly am exercising the "courage to change the things I can" in the Serenity Prayer.

I am reminded to take responsibility for doing my part in contributing in some way to the meeting I'm in, to being a friend when I would like friendship, to being loving to my significant other rather than focusing only on the negative or to simply be non-judgemental because I hate being judged. And after I do my part, the program tells me to turn the outcome over, to a power greater than myself.

And then to get on with my life, which leads me to "Live and Let Live", but oh well, that's another slogan. As I have found, slogans can guide me throughout the day, and what a lovely way to "Keep It Simple" and grow.

Naples

## CALENDAR OF EVENTS

Assemblies are for working on AL-Anon issues. GR's vote. Observers are welcome.

Conventions are for fun and fund raising. All are welcome.

### **DISTRICT 159 MEETING** **September 14, 2022**

**6:30pm**

Naples Community Church  
849 Seventh Avenue South, 2nd fl  
Naples, FL

### **FALL ASSEMBLY**

**October 21-23, 2022**

Marriott Coral Springs Hotel &  
Convention Center, Heron Bay  
11775 Heron Bay Blvd  
Coral Springs, FL 33076

For registration forms go to  
[naplesal-anon.org](http://naplesal-anon.org) website.

See flyer at the end of this issue.

### **AREA 10 SERVICE EVENT** **District 150**

**November 5, 2022 10am-3pm**

Estero Church  
8088 Lord's Way Rm A-10  
Estero, FL 33928

See two-page flyer at the end of  
this issue.

## TRUST AND ADJUST

## HURTING, HEALING, HELPING

Before I entered the rooms of Al-Anon, I lived by the motto "Whatever does not kill me makes me stronger." Funny, huh? The reality was that I ended up getting hurt over and over again. Being beat up repeatedly—either emotionally, mentally, or spiritually—oftentimes left me in a weakened state. I had only rudimentary tools to prevent myself from being hurt.

I came to Al-Anon over 11 years ago, hurting and weakened beyond what I had ever experienced before. My son was found by campus police, drunk, passed out, and exposed to the elements. Al-Anon helped me distinguish what hurt was mine and what was his (detachment), trust in my Higher Power and ask for His help, and recognize the difference between helping and enabling my son. Intellectually, I understood these concepts, but it was far different to feel and live them. By going to meetings, getting a Sponsor, reading the literature, learning about and using the Al-Anon tools, and relying on the slogans and the Serenity Prayer, I started to heal and grow.

Five years ago, I learned that my son had been arrested and jailed out of state for another alcohol-related offense. It almost felt like I was two people: one was the taking-care-of-business dad who made the phone calls and arrangements to get him an attorney, to get him released from jail, etc. Once he was released, I handed over any further legal responsibilities to him. The second was dad-as-an-emotional-mess. I was hurting deeply again, but not as deeply or for as long as I had been when I entered the program.

For me, healing is a process. It is not complete and may never become so entirely. But the wounds get smaller every time I say yes to the chance to grow by facing a challenge. I do not have to do it alone now. I have my Higher Power, my Sponsor, my Al-Anon friends, my wife (who is also in Al-Anon), and my son. I now come from an attitude of gratitude for this family disease. If I did not have it, I would not have recovery either. I feel blessed to be able to share my recovery and to offer a listening ear to others in order to help them find what I have found: the blessing of going from hurting to healing to helping.

By Jim M., Ohio

The Forum, August, 2022

Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc.,  
Virginia Beach, VA.

## RECOVERY IS...

Recovery is a journey not a destination.

-Paths to Recovery pg 73

Recovery continually reveals new aspects of our personalities to us until we come to fully know ourselves. When we use the tools found in the Steps, we become resilient, able to laugh at our humanness and to love ourselves for it.

-Paths to Recovery pg 74

Today, as a result of my recovery in Al-Anon, I know that I am not helpless. I have choices.

-Courage to Change pg 361

In order to keep our recovery, we learn we have to apply it to our lives and pass it on to others.

-Paths to Recovery pg xiii

Recovery does not mean that I have to become a different person. It means I need to start being myself again.

-Courage to Change pg 82

## DID YOU KNOW...

...the most popular book used in Al-Anon is "How Al-Anon Works"

## SEPTEMBER IS



### National Recovery Month Can Include Families In Recovery

In September, the US and Canada celebrate recovery at the national level by highlighting the benefits of prevention and treatment for Alcohol Use Disorders (AUD).

When alcohol addiction or an Alcohol Use Disorder are present in families, everyone is affected, including the children.

Although professionals in fields such as psychiatry, psychology, and education may be able to see the signs of a family dealing with an alcohol or substance use disorder, those affected may not.

The goal is to help the patient realize that although they are not the one with the alcohol use disorder, they have been adversely affected and they can experience recovery even if their loved one continues to misuse alcohol and/or drugs.

Al-Anon Family Groups, which includes Alateen for teenagers, provide support to anyone affected by someone else's problem drinking. \*Ninety-three percent of members report that their lives have been very positively affected by Al-Anon Family Groups and forty-two percent that receive professional services and attend Al-Anon meetings feel that since coming to Al-Anon, they have seen an improvement in their treatment, counseling, or therapy.

-Excerpts Reprinted 2021 from [Al-Anon.org](http://Al-Anon.org)

## Found In My Quotes

Higher Power is close to the broken-hearted and saves those who are crushed in Spirit.



## SELF CARE

My job is to take care of myself, step out of the drama and chaos, breathe while saying the Serenity Prayer, "Keep it Simple," and take "One Day at a Time." This keeps my feeling of being overwhelmed to a minimum.

-Discovering Choices pg 72



Being okay  
if it happens  
and okay  
if it doesn't happen  
is a very powerful

## MY STORY

### MY EXPERIENCE

I was not born into an alcoholic family nor did I know anything about alcoholism. So it took me a while to understand that our family and everything we worked for was in jeopardy because of my husband's drinking. I did everything Al-Anon says not to do. I dumped out the liquor; I used shame and guilt; I pleaded and cried. He would come home drunk and promise never to drink again-until two days later. I became so angry with him. After 5 years of him being active I reached a point where I was imagining his murder! That's how insane "I" had become!!

My husband got help-just in time. He went to a rehab and then joined AA. He started with making coffee and slowly performed other services at the suggestion of his sponsor. He met a terrific group of men and women. As years went by he became a sponsor to a number of people, attended retreats and embraced the program. He spoke to me in slogans. He got better.

As for me? I refused to attend Al-Anon when it was suggested. After all, I didn't have the problem! I carried the burden of anger and resentment for the next 14 years and then he died of cancer. I never went to his anniversaries; never acknowledged his personal success in sobriety; never wanted to meet his AA friends; never let him know how proud I was of him.

### MY STRENGTH

I joined Al-Anon two years later when I began my slide into situational depression. I learned about the Al-Anon program. I learned about myself. I learned that I did the best I could with what I knew. I grew to love the simplicity of the slogans. With the help of my sponsor and the fellowship of the program I felt the burden of resentment and anger slip away. I forgave myself. But, most importantly, Al-Anon taught me how to love him again.

### MY HOPE

May the understanding, love and peace of the program grow in me a day at a time (from the Al-Anon closing). In the words of my friend, Karen C., "Being willing to celebrate the many steps of my journey today will help me look forward to what's coming tomorrow."

-Naples.



## POETRY

### ONE DAY AT A TIME

"Some folks worry and putter,  
Push and shove,  
Hunting little molehills  
To make big mountains of."

-One Day at a Time pg 300

"Of courtesy: it is much less  
Than courage of heart or holiness  
Yet in my walks it seems to me  
That the grace of God is in  
courtesy."

-One Day at a Time pg 48

"How can he think the way I think,  
Or do just what I'd do?  
(I will remember, day by day,  
My love, that I'm not you.)"

-One Day at a Time pg 136

"We, ignorant of ourselves,  
Beg often our own harms,  
Which the wise power  
Denies us for our own good;  
so we find profit  
By losing of our prayers."


-One Day at a Time pg 22

"Some of your hurts you have  
cured,  
And the sharpest you've even  
survived,  
But what torments of grief  
you've endured,  
From evils which never arrived."

-One Day at a Time pg 226



## NEWS ACROSS THE DISTRICT

 On September 17th, **Saturday Morning Life Savers, AFG** will be celebrating their 19th anniversary following their regular 10am meeting at the Vanderbilt Presbyterian Church, 1225 Piper Blvd (off of Immokalee Road) Naples, Florida 34110. There will be refreshments, snacks, fellowship and a speaker. All are welcome to join in the celebration.

**LITERATURE PRICE INCREASE:** The World Service Office (WSO) in their effort to remain self-supporting has approved an increase in prices on some Conference Approved Literature (CAL) beginning August 1, 2022. They noted that prices have not been raised since 2013 even though the cost of paper has risen significantly. WSO thanks us for our understanding.

**ON A SIMILAR NOTE,** our two service arms here in SWF-Area 10 and District 159-are falling short of funds to meet their expenses. Area 10 needs \$12 a month per group in order to maintain their annual budget of \$37,000. District 159 needs \$22 a month per group to maintain their annual budget of \$8,000. Please be as generous as each group can.

**DID YOU KNOW** that the **Monday Noon, AFG** meeting can also be found on Zoom? ID number 787 8588 649. There is no password.

**! WARNING:** There are a number of meetings that are in jeopardy of closing because of lack of support. Meetings that have had phenomenal attendance before the pandemic are now struggling with in-person attendance as well as on Zoom.

**LOOKING FOR A MEETING?** Go online to [NaplesAI-Anon.org](https://NaplesAI-Anon.org) Click on the three bar menu and then on meetings. A *Where & When* pamphlet of meetings -in-person and Zoom- along with local addresses and Zoom ID with passcodes will guide you to a meeting.

## DO YOU KNOW?

What are the words  
for the acronym

**F E A R**

## Heard at a Meeting

When I am tied up in knots over something, I need spiritual common sense.

Al-Anon is not taught; it's caught.

We're all here because we're not all there.

Pain is in the resistance.

Self care is not selfish.

## THOUGHTS

What is my love language?



It seems to be  
Bicker & Blame



I need a meeting.



Frantic Effort to Appear Recovered.

## AL-ANON WORD SEARCH

Can be solved horizontal, diagonal, vertical, & backwards

r e x p e c t a t i o n s b d l l  
l p r e c o v e r y i s y v e y r  
l d p y y t s e n o h r h y v r a  
t a o v v m g r a t i t u d e o p  
n l o v e e e d u t i t t a n t i  
y t i l i b i s n o p s e r s n h  
y i r m p r i n c i p l e s e e s  
s g n i t e e m x t i m p a i v r  
l b x e h i e i u y m o i b r n o  
a d c m p l p d c t d x v v a i s  
l o n e u u o o u i e d u l d n n  
v t s u r t h x u m x p b m n d o  
s t p e c n o c v y a c s x u p p  
l g b n r n y e e n n l t d o r s  
y s t e p s a i y o c o o b b g c  
s p i r i t u a l n b a l a n c e  
u s e r e n i t y a v s n a b e a

ANONYMITY  
BOUNDARIES  
GRATITUDE  
INVENTORY  
PRINCIPLES  
SERENITY  
STEPS

ATTITUDE  
CONCEPTS  
HONESTY  
LOVE  
RECOVERY  
SPIRITUAL  
TRUST

BALANCE  
EXPECTATIONS  
HOPE  
MEETINGS  
RESPONSIBILITY  
SPONSORSHIP

## Spiritual Principle of the Month

**Forgiveness** - brings the forgiver peace of mind; a conscious, deliberate decision to release feelings of resentment.

Forgiveness is letting go of the idea that the past could be different.

*-Heard at a Meeting*

Forgiveness can be just a change of attitude.

*-Courage to Change pg 178*

I know that the more I forgive, the better my life works.

*-Courage to Change pg 289*

### AFFIRMATIONS

I am safe.

I have done a good job with my work.

My life has meaning.

I am learning how worthy (precious) I am to myself and others.

I am thoughtful.



## WHAT'S YOUR RESPONSIBILITY?

Did you hear about the man who stood on his front porch after a few days of heavy Spring rain and watched the waters rise? A neighbor came by in his pick-up truck and said jump in. The man replied that he was waiting for the Lord to save him. And so the neighbor drove away.

A little later as the flood waters continued to rise, another neighbor came by in a small boat and offered the man a ride to safety. The man declined the offer saying that he was waiting for God to save him.

As the water rose to the roof line the man clung to the chimney. A helicopter came by and offered to lower a rope. But again the man refused help saying he was waiting for God to save him. In a few hours the flood waters covered the house and swept the man away. Needless to say, he drowned.

Upon entering Heaven, the man was so angry that he marched over to God and said, "Why didn't you save me? I waited and waited! I had such faith in you!" God looked at him, shook his head, shrugged his shoulders and said, "I sent a pick-up truck, a boat and a helicopter. What more did you expect?"

Am I taking responsibility for my choices today?

*-Courage to Change pg 299*

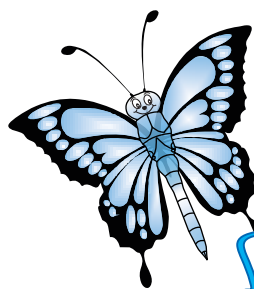


### Serenity Prayer

**God, grant me the serenity  
To accept the things I cannot change,  
Courage to change the things I can,  
And the wisdom to know the difference.**

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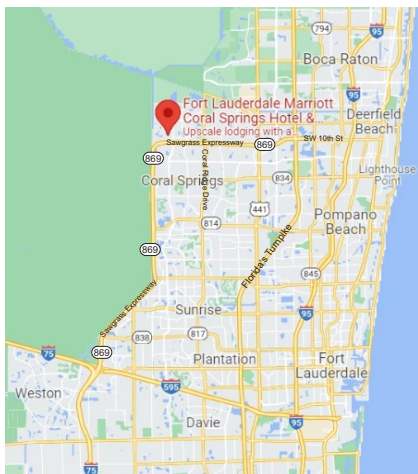




# Florida South Area 10 Fall Assembly 2022



**Friday, October 21, 2022 8:00 PM to  
Sunday, October 23, 2022 at Noon\***



**Marriott Coral Springs Hotel &  
Convention Center - Heron Bay  
11775 Heron Bay Blvd  
Coral Springs, FL 33076**

**Directions:** Take Florida's Turnpike, I-75 or I-595 to the  
Sawgrass Expressway (869) OR Take I-95 to the  
SW 10th Street Exit. Go West on SW 10th street  
which turns into the Sawgrass Expressway.  
Take the **Sawgrass Expressway (FL-869)** to Coral Ridge  
Drive (Exit 14). Go North on Coral Ridge Drive/Nob Hill  
Road approx. 1/4 mile to Heron Bay Blvd. Make a left on  
Heron Bay Boulevard. The hotel is just ahead on the right.

Please use the link below to make your reservations:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1659029794191&key=GRP&app=resvlink>

or call 1-800-311-8018 and mention "Assembly October Meeting"

**Last Day to Book is Friday, September 30, 2022**

The room rate is \$125 per night, plus tax.

## Please bring your Service Manual.

Everyone attending this assembly must be registered as an AI-Anon or Alateen member  
Friday REGISTRATION is open 6:30 - 8:00pm • Saturday REGISTRATION is Open 8:00 – 9:30am

\* Sunday noon ending time is approximate There will be meal and other breaks throughout the weekend.  
If time permits there will be a spiritual meeting on Sunday following the close of the Assembly meeting.

**VOLUNTEERS  
NEEDED  
!!**



**SAVE  
THE  
DATE!!**

**AREA 10  
"We are All Connected" Service Event**

hosted by District 150 AFG



Saturday, November 5, 2022

10:00 - 3:00 PM at

Estero Church

8088 Lords Way St, Estero, 33928

**\$5 per ticket**

Lunch & drinks provided  
(basket will be passed)

Hotels near venue for consideration of an  
overnight stay (Check others near Estero, FL 33928):

- ❖ Embassy Suites by Hilton 239-949-4222
- ❖ Hampton Inn & Suites 239-947-5566
- ❖ Springhill Suites by Marriott 239-948-0200



*Ticket sales will open 8/1/2022*

**\*FUN \* FELLOWSHIP WITH OUR AREA \* 50/50 \* PRIZES**

**Volunteers Needed** - Please contact:

Jill L (239)898-2383 or Sue G2 (732)598-4805

Or send an email: [jill.lopez0@gmail.com](mailto:jill.lopez0@gmail.com)

## CONNECTIONS IN THE LEGACIES

### Connections in the Legacies What if the Legacies are connected Vertically?

In the 12th Step we're left with the question: How do I practice these principles in all our affairs?  
*The answer is in the Traditions!!*

In the 12th Tradition we're left with the question: How do I place principles above personalities?  
*The answer is in the Concepts!!*

### What if the Legacies are **also** connected Horizontally?

Common Guiding Principle of Step/Tradition/Concept One: **Powerlessness**

*I admit that I am not in charge.*

Common Guiding Principle of Step/Tradition/Concept Two: **Delegation**

*I delegate power to others.*

Common Guiding Principle of Step/Tradition/Concept Three: **Decision**

*I cut away (decide: *de*-away + *caedere*-to cut) that which does not belong.*

Common Guiding Principle of Step/Tradition/Concept Four: **Participation**

*I fully participate as an individual.*

Common Guiding Principle of Step/Tradition/Concept Five: **Right-Sized-ness**

*I have a perception that is only one part of the whole picture.*

Common Guiding Principle of Step/Tradition/Concept Six: **Pause**

*I allow something else to do the doing.*

Common Guiding Principle of Step/Tradition/Concept Seven: **Humility**

*I humbly do my part in the next right action.*

Common Guiding Principle of Step/Tradition/Concept Eight: **Part of the Whole**

*I acknowledge that many people make up the whole.*

Common Guiding Principle of Step/Tradition/Concept Nine: **Responsibility**

*I am responsible for my part; others are responsible for theirs.*

Common Guiding Principle of Step/Tradition/Concept Ten: **Reassess**

*I respect (*re*-again + *specere*-to look at) what is my business and what is not my business.*

Common Guiding Principle of Step/Tradition/Concept Eleven: **Patience**

*I wait to follow the will of the whole.*

Common Guiding Principle of Step/Tradition/Concept Twelve: **Spiritual Awakening**

*I live a principles-based life as an individual, in relationships, and in the world.*